

Hawaiian Turkey Sliders with Mango-Pineapple Salsa

Rating: ★★★★★

Makes: 12 Servings

“My family has to be creative when it comes to preparing tasty and healthy food. I have celiac disease, and one of my sisters is allergic to eggs, dairy, nuts, and more!” says Goldie. “I wanted to make a dish that used ingredients from Hawaii because the President was born there and the Obamas like to visit there. My dad doesn’t like red meat, so we use ground turkey instead. Served with a smoothie, this ‘burger and shake’ lunch fits perfectly within the MyPlate guidelines.”

Ingredients

For the mango-pineapple salsa:

- 1 ripe mango, peeled and diced
- 1 **cup** diced fresh (or canned in own juice) pineapple
- 1 small jalapeños, finely diced (optional)
- 3 **tablespoons** diced Bermuda or Vidalia onion
- 1 medium lime, juiced
- dash** Sea salt
- freshly ground black pepper

For the Hawaiian turkey sliders:

- 2 **pounds** ground turkey
- 1 **clove** garlic, peeled and crushed
- 3 **tablespoons** ketchup
- 1 **tablespoon** extra-virgin olive oil
- 1 **tablespoon** gluten-free soy sauce
- 1 **tablespoon** dried cilantro
- 1 **teaspoon** onion powder
- 1/2 **teaspoon** dried oregano
- dash** salt
- 1/4 **teaspoon** freshly ground black pepper
- 12 romaine or Bibb lettuce leaves
- 12 gluten-free rolls or whole-grain dinner rolls



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	194	
Total Fat	4 g	6%
Protein	22 g	
Carbohydrates	21 g	7%
Dietary Fiber	4 g	16%
Saturated Fat	1 g	5%
Sodium	401 mg	17%

MyPlate Food Groups

Fruits	1/4 cup
Vegetables	1/4 cup
Grains	1 1/2 ounces
Protein Foods	2 ounces

Directions

Make the mango-pineapple salsa:

1. In medium, non-metallic bowl, stir together the mango, pineapple, jalapeños, onion, lime juice, salt, and pepper. 2. Cover and chill in the refrigerator until ready to use. (The salsa is best when made several hours to one day in advance.)

Make the Hawaiian turkey sliders:

1. In a large bowl, combine the turkey, garlic, ketchup, olive oil, soy sauce, cilantro, onion powder, oregano, salt, and pepper. Gently mix the ingredients until they are thoroughly combined.

2. Divide the mixture into 12 equal parts and shape each one into a ball that is slightly smaller than a tennis ball. Using the palm of your hand, gently flatten each into a patty.

3. Heat a grill or barbecue to medium-high heat. Grill the turkey sliders until cooked through, about 5 minutes per side.

4. Place one lettuce leaf on the bottom of each roll. Serve the sliders on the rolls, topped with a dollop of mango-pineapple salsa.

Notes

State: New Jersey

Child's Name: Goldie Siegel, 8

The Epicurious 2013 Healthy Lunchtime Challenge Cookbook